



## July Harvest

### Subscription Plans:

Full Share (feeds 4-6 adults) \$500=about \$25 per week

Half Share (feeds 2-3 adults) \$300=about \$15 per week

If you have questions when completing the subscription form, please email Michelle Jones, Marketing Manager, at

[michellej58@hotmail.com](mailto:michellej58@hotmail.com)

To subscribe, go to <http://seattlemarketgardens.org/> and complete the CSA subscription form and mail it to P-Patch Community Gardening Program, 2301 South Jackson Street, Suite 208, Seattle, WA 98144.

### Carrots

Recipe: [Roasted Carrots and Beets](#) | PCC Natural Markets. Ingredients: beets, carrots, fresh dill, orange or tangerine juice.

### Green beans

Recipe: [Green Bean and Tomato Salad with Fresh Herbs](#) | PCC Natural Markets. Loaded with nutrients and low in calories (only 40 calories per cup), green beans are a welcome staple of the late summer harvest.

### Beets

Recipe: [Roasted Beet Summer Salad](#) | PCC Natural Markets. Wonderful salad!! Very colorful, nutritious, and easy to make. Not a make ahead salad, but excellent flavors!

### Swiss chard

Recipe: [Balsamic Braised Greens with Pine Nuts and Prosciutto](#) | PCC Natural Markets. Visit website to watch video

### Garlic

Recipe: [African Peanut Soup](#) | PCC Natural Markets. Ingredients: garlic, onion, spinach, red yam, zucchini, bell pepper, cilantro. peanut butter.

### New potatoes

Recipe: [Creamy, Roasted New Potato Salad with Green Beans, Walnuts and Smoked Salmon](#) | PCC Natural Markets. Tender, first-of-the-season new potatoes are always such a treat. I adapted this recipe from one given to me by a chef with whom I worked in Paris. He hailed from the Normandy coast of France and was descended from a long line of fishermen/farmers. I think you'll love the textures and colors of this vibrant, seasonal, celebration salad.

**Salad mix**

Recipe: [Mixed Salad Greens with Tropical Vinaigrette](#) | PCC Natural Markets.

**Leaf lettuce**

Recipe: [Salad Niçoise](#) | PCC Natural Markets. This classic French salad gets its name from the variety of ingredients used by chefs in the city of Nice, France. You can savor our region's flavor by using locally grown organic ingredients like green beans, potatoes, garlic and red onion from farmers living in Seattle Housing Authority communities.

**Cilantro** (try this as a pesto)

Recipe: [Grapefruit Tossed with Cilantro and Avocado](#) | PCC Natural Markets. To turn this into a pretty salad, reserve any juices that accumulate while supreming the grapefruit. In a small bowl, combine the juice with 1/4 cup extra virgin olive oil and season with salt and pepper. Toss the dressing with salad greens and top with the grapefruit-avocado mixture.

**Boc Choy**

Recipe: [Vietnamese Pancakes](#) | PCC Natural Markets. Demonstrated on the PCC Cooks stage at Vegfest 2010

**Arugula** (a spicy green good in salads, or made into a pesto, makes a great creamed soup like Water Cress Soup or Gazpacho)

Recipe: [Northwest Arugula-Hazelnut Pesto](#) | PCC Natural Markets. Demonstrated on KING 5's "Gardening with Ciscoe" show aired on July 14, 2007.

**Mizuna**

Recipe: [Crostini with Braised Spring Greens, Toasted Pine Nuts and Currants](#) | PCC Natural Markets. Demonstrated on the PCC Cooks stage at Vegfest 2010.

**Walla Walla onions**

Recipe: [Farmers Markets Spring Quinoa Salad](#) | PCC Natural Markets. Cooked quinoa is a perfect protein and is a great addition to a vegetarian diet or as an added protein to any salad. A great spring or summer salad for picnics and barbecues. Take advantage of local and seasonal produce by using any vegetables listed in the recipe.

**Kale**

Recipe: [Potato Kale Chowder](#) | PCC Natural Markets. A chowder is a soup that usually contains potatoes and milk. You can use any type of milk you like (including soy milk), remembering that the higher the fat content, the richer the chowder will be.

Compliments of PCC Natural Markets Recipe Search. Go to [www.pccnaturalmarkets.com/](http://www.pccnaturalmarkets.com/) for recipe detail or more recipes.

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